

Testimony of Jessica Stewart

Before the Public Health Committee

February 24, 2016

**RE: Bill 5350 AN ACT CONCERNING THE DEPARTMENT OF PUBLIC HEALTH'S  
RECOMMENDATIONS ON FLUORIDATION OF THE PUBLIC WATER SUPPLY.**

Sentator Gerratana, Representative Ritter and Committee Members,

My name is Jessica Stewart, I am a mom of two beautiful children, and a concerned CT citizen. While I applaud the introduction of Bill 5350 to change the recommendation of the amount of fluoride introduced into public water supplies, I strongly urge you to look into the safety of fluoride.

Facts to consider (all information taken from FLUORIDEALERT.ORG's 10 Facts About Fluoride  
<http://www.fluoridealert.org/wp-content/uploads/10facts.pdf>) :

Fact 1: 97% of Western Europe does NOT fluoridate its water supply (page 1 of 10 Facts about Fluoride)

Fact 2: Fluoridated countries DO NOT have less tooth decay than non-fluoridated countries (page 1 of 10 Facts About Fluoride)

Fact 3: Fluoride affects many tissues in the body besides the teeth: affects the brain, intellectual abilities, endocrine disruptor, affects thyroid function, diabetes, fertility, bladder cancer and Alzheimer's disease. (page 2 of 10 Facts About Fluoride)

Fact 4: Fluoridation is NOT a natural process: fluorosilicic acid is added to the water supply which is a corrosive acid captured in the air pollution control devices of the phosphate fertilizer industry. (Pages 2 and 3 of 10 Facts About Fluoride)

Fact 5: 40% of American Teenagers show visible signs of fluoride over-exposure. (Pages 3 and 4 of 10 Facts About Fluoride)

Fact 6: For Infants, fluoridated water provides no benefits, only risks such as higher rates of dental fluorosis. (Page 4 of 10 Facts About Fluoride)

Fact 7: Fluoride supplements have never been approved by the FDA (Page 5 of 10 Facts About Fluoride):  
The only fluoride supplements the FDA has reviewed, have been rejected  
([www.fluoridealert.org/uploads/enziflur-1975.pdf](http://www.fluoridealert.org/uploads/enziflur-1975.pdf) and [www.fluoridealert.org/articles/fda-1966/](http://www.fluoridealert.org/articles/fda-1966/))

Fact 8: Fluoride is the only medicine added to public water (page 5 and 6 of 10 Facts About Fluoride).  
Since tooth decay is a disease, adding fluoride to water to prevent tooth decay is a form of medication.  
With other medicines, it is the patient, not the doctor, who has the right to decide which drug to take  
(See AMA Ethical Opinion 8.08)

Fact 9: Swallowing fluoride provides little benefit to the teeth. (Page 6 of 10 Facts About Fluoride)

Fact 10: Disadvantaged communities are the most disadvantaged by fluoride (page 7 of 10 Facts About Fluoride).

I strongly urge the Public Health Committee to look into the safety of fluoride in public water supplies and fluoride in general. Dental caries is the number one childhood disease despite fluoridation of water, toothpaste and supplementation. If a child is able to access a high quality diet of real foods (not processed junk) and adequate amounts of minerals along with good dental hygiene then children will not have dental caries, or limited amounts.

Thank you for your time and consideration. Please visit [www.fluoridealert.org](http://www.fluoridealert.org)

Jessica Stewart, concerned mom and citizen

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